

TRACKING ...

TOP STORY

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The Fort Jackson Leader



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www.fortjacksonleader.com

In the cards



Photo by DELAWESE FULTON

Security guard William Carson checks the ID card of a driver entering the installation. Currently, all ID cards are checked manually. Once the automated entry systems are in place, drivers will swipe their Common Access cards or driver's license to gain access to Fort Jackson. The system will be installed at all gates, starting later this year.

Gates to be upgraded with CAC readers

By SUSANNE KAPPLER
Leader Staff

Drivers entering Fort Jackson will soon have to get used to a new method of coming on post, as Fort Jackson prepares to implement the DoD-sponsored Automated Installation Entry Program.

Each of the four gates currently used to access the installation will undergo construction to install devices that allow drivers to swipe their Common Access Card or driver's license, said Lt. Col. Ronald Taylor, director of Emergency Services and provost marshal.

Taylor said that the designs for the up-

dated gates are completed and the project is currently in the funding stage. No timetable has been set for construction to begin, but Taylor said he hopes the project can begin in August.

It will take two to three months to update each gate, and plans are being worked on in cooperation with the Army Corps of Engineers to alleviate the impact of the construction on traffic.

"We don't want to start construction on Gate 2, which is our main gate, until the peak season of traffic is done on Fort Jackson," Taylor said, adding that Gate 2 is most likely to undergo construction during the holiday season, which traditionally is the period with

the least amount of traffic.

Taylor said the main benefit of the new system is the additional security it provides.

"It will be able to tell us who is on Fort Jackson," he said. "It tells us if the driver's license is valid, if there are any open warrants against that individual."

Currently, security guards at the gates check the ID cards of each passenger of a vehicle manually. With the new system, only the driver needs to swipe his or her card.

"The driver is going to be the sole responsible individual for anybody in that vehicle," Taylor said.

See AUTOMATED: Page 8

Getting out the facts on H1N1 flu

Regardless of the nature of the threat, nothing's more important to me or to any other Army leader than the health, welfare and safety of Soldiers, their families and the Army community.

Allow me to cut to the chase on the H1N1 influenza, which has health experts still predicting a possible pandemic. I want to assure you that the Fort Jackson staff has been fully engaged in our plans to avoid or contain any possible H1N1 outbreak on post and that there is no current reason for concern.

So far, we have been fortunate in that there have been only two isolated cases of H1N1 since mid-April involving Fort Jackson, and they pose no danger to anyone. There were no secondary cases associated with these two cases.

Last week, 14 Soldiers complained of flu-like symptoms, three tested positive for the flu, but none of those Soldiers tested positive for H1N1. Those are the facts so far.

And let me share with you that we did not begin planning our response last week when a small group of Soldiers complained of flu-like symptoms, nor in April, when the H1N1 strain first started making national and international headlines. Our plans were firmly in place a long time before any of those occurrences.

Yet, because of the transient nature of a Basic Combat Training operation, we must maintain a strict vigilance and be careful not to let down our guard. We are doing

BRIG. GEN. BRADLEY W. MAY

*Fort Jackson
Commanding
General*



that, I can assure you. We couldn't be more alert and better prepared.

As I said, our plan for something like this has been in place for quite some time. We conducted a pandemic influenza exercise last fall, with courses of action laid out that addressed a multitude of possible scenarios. Hundreds of new Soldiers arrive each week from all parts of the country. Consider that many of them travel by public transportation through highly congested airports and other terminals en route to Fort Jackson, all of which make them susceptible to the germs and contagious diseases that might be out there.

Yet we are mitigating these issues as well by carefully screening Soldiers when they arrive on post. If we were to detect a new Soldier with flu symptoms, we would isolate that Soldier to prevent that Soldier from spreading and infecting other Soldiers in the general population.

Keep in mind that medical screening of our Soldiers at reception is something that we have always done at Fort Jackson. About the only thing that is being done differently right now is that we are asking new Soldiers questions to find out if they had made any recent trips to Mexico or other areas where the incidence of this new strain might be higher.

As far as medical treatment and preventive medicine measures are concerned, I have complete confidence in Moncrief Army Community Hospital's capabilities in meeting its mission. MACH continues to maintain a high state of awareness and continues its work with the state's health and environmental officials and the Army Medical Department simultaneously. MACH has also been busy in educating cadre on prevention with informational material.

It is strongly recommended come the normal flu season in the fall that all civilians, contractors, and family members get the flu shot that will be available. Look for information to start coming out in late September or early October from MACH.

Meanwhile, our force protection officials are prepared. We are not only ready to meet any type of flu epidemic head on, but we also are prepared for a natural disaster. Speaking of which, hurricane season began Monday, and we will continue to inform you in the same comprehensive manner.

Army Strong!

The Fort Jackson **Leader**

Fort Jackson, South Carolina 29207

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PNOK; Saturday child care; SAS hourly care available

What is the line of succession to establish the primary next of kin, or PNOK, when a Soldier becomes a casualty?

The person most closely related to the casualty is considered the PNOK for casualty notification and assistance purposes. This is normally the spouse of a married person, or the parents of unmarried individuals who have no children. The parent or legal guardian will exercise the rights of the minor children. Use the following order of precedence to identify the PNOK:

- Spouse, even if a minor.
- Natural, adopted and illegitimate children (if acknowledged by the service member and paternity/maternity has been judicially decreed). Children are considered PNOK, along with the spouse, if applicable.
- Eldest parent, unless legal exclusive (sole) custody was granted to a person by a court decree or statutory provision.
- People standing in loco parentis at least one year.
- People granted legal custody of the member by a court decree or statutory provision.
- Brothers and sisters, to include half-blood and those acquired through adoption.
- Grandparents.
- Other relatives in order of relationship to the individual according to the laws of the deceased's state of domicile.
- If no other people are available, the secretary of a military department may be deemed to act on the behalf of the individual.

COL. LILLIAN A. DIXON

*Fort Jackson
Garrison
Commander*



I am active duty military, but I don't work on Saturdays. Can I use the Scales Avenue Child Development Center or the Youth Services Center for Saturday child care?

Free care on Saturday is limited to active duty soldiers while performing Fort Jackson missions and is therefore unavailable to you. You can, however, contact the Scales Avenue CDC at 751-6221/6230 and the School Age Services program at the Youth Services Center at 751-1136/6387 and make a reservation for hourly child care.

GARRISON FACT OF THE WEEK

The School Age Services Program now offers hourly care each afternoon for children in grades one through six. For reservations, call 751-6387.

To submit questions for the "Ask the Garrison Commander," call 751-2842, or e-mail Scott.Nahrwold@conus.army.mil.

CONTACTING THE LEADER

To contact the *Leader* about story ideas or announcements, e-mail FJLeader@conus.army.mil.

RRS focuses on suicide prevention

By **DELAWESE FULTON**

Leader Staff

Recent reports about Army recruiters committing suicide because of job-related and personal stress have prompted leaders at the U.S. Army Recruiting and Retention School to add stress management and ethics sessions in its training program.

In the past five years, said Col. James Comish, RRS commandant, the school has reviewed and revised its courses.

In addition, since December, it has nearly doubled its number of training courses. Comish said a chaplain-led suicide prevention class now accompanies courses teaching and emphasizing mental toughness, tactical awareness and recruiting ethics.

"Also, while (Soldiers) are here at the school house, they complete a survey — a leadership and personality assessment. Then, our (mental health) coaches meet with the students and (discuss) the areas where they show stress," Comish said.

The survey helps the school's psychologists and mental coaches identify areas and possible conditions that might prove stressful for each Soldier. This allows the school's staff to focus and individualize the Soldiers' training, so the Soldiers are better prepared to meet the demands of recruiting.

This past year, four Houston, Texas-area recruiters committed suicide because of job-related and personal stress. These recruiters often worked 12 hour days.

In 2009, the Army has reported 64 potential active-duty Soldier suicides Army-wide. Thirty-five of those deaths

CAMPAIGN PLAN FOCUS



Suicide prevention programs are recognized in the Fort Jackson campaign plan as a major objective (7.2 on the strategy map). Programs mitigating the effects of persistent conflict are recognized as an important aspect of quality of life, one of the campaign plan's three lines of operation.

have been confirmed as suicides.

The Recruiting and Retention School trains about 4,000 Army recruiters each year.

Recruiters have a monthly two-Soldier quota. The pressure to make mission, coupled with family and financial issues, can make for a highly stressful situation, said Soldier Support Institute Chaplain (Maj.) Jeff Spangler, who has counseled recruiters.

Spangler said the stress of recruiting could be particularly demanding for those Soldiers who have recently returned from combat, so the school also emphasizes reintegration training. Unit commanders are also taught suicide prevention and awareness. Spangler said it is important for those who work with the recruiters to recognize when they, as with any other Soldier, are reaching their limit.

"The good thing is the Army is recognizing that it is not just about prevention, it is also about intervention," Spangler said.

Spangler advises Soldiers to become better in tune with their self worth and understanding the important role they serve in their families.

"I try to offer them hope," he said.

The Recruiting and Retention School also provides interactive video training on recognizing a suicidal person. The video also discusses what a caregiver should do.

Comish said it is also critical that Soldiers know and understand that they must be holistically healthy.

"There is no stigma to receiving help. Our leadership wants a healthy Soldier — physically, mentally and spiritually," Comish said.

Delawese.Fulton@us.army.mil

Preventing and managing stress

SOLDIERS:

❑ Ask for help. Seek suggestions and advice from family, friends, co-workers and/or religious leaders.

❑ Exercise. Working out is an excellent stress-reliever.

❑ Get rest. Take time to rejuvenate your body, mind and spirit.

LEADERS:

❑ Know your unit, your people, and listen to your people.

❑ Foster a supportive environment.

❑ Build a community within your unit. Help your people develop and determine their roles on your team.

Source: U.S. Army Suicide Prevention Program.

Assuming responsibility



Photo by SUSANNE KAPPLER

Command Sgt. Maj. Christopher Culbertson accepts responsibility as garrison command sergeant major from Col. Lillian Dixon, garrison commander during a ceremony at Post Headquarters Tuesday. Culbertson replaces former Command Sgt. Maj. Lewis Kellam.

New 'Scouts Out' leader



Photo by SUSANNE KAPPLER

Lt. Col. Larry Murray, left, accepts the colors of the 2nd Battalion, 60th Infantry Regiment from Col. Brian Prosser, 193rd Infantry Regiment commander, during a Change of Command ceremony Friday at Darby Field. Murray replaces Lt. Col. Joe Krebs as battalion commander.

RRC changes command



Photo by SGT. 1ST CLASS MARK BELL, 81st Regional Support Command

Lt. Gen. Jack C. Stultz, U.S. Army Reserve commanding general, passes the colors of the U.S. Army Reserve Readiness Command to Maj. Gen. Mari K. Eder during a Change of Command ceremony Saturday at the Solomon Center. Eder took over for Maj. Gen. James P. Eggleton.

McHugh nominated for Army's top job

By GERRY J. GILMORE
Army News Service

WASHINGTON — President Barack Obama announced Tuesday that Rep. John McHugh, R-N.Y., is his choice to become the next Secretary of the Army.

Obama praised McHugh as “a distinguished public servant who will help keep us safe and keep our sacred trust with our soldiers and their families.”

McHugh, a Republican who represents constituents in far-northern New York State, which includes Fort Drum, is the senior member of his party on the House Armed Services Committee.

“John has proven himself a dedicated representative of the people in northern New York,” Obama said.

The 10th Mountain Division based at Fort Drum, he said, is the most-deployed division in the U.S. Army.

McHugh “is committed to keeping America’s Army the best-trained, the best-equipped (and) the best-led land force the world has ever seen,” Obama said.

The president noted that McHugh’s father served with distinction aboard a B-17 bomber during World War II, while his mother cared for wounded service members through the Nurse’s Corps.

McHugh said he is “enormously moved and deeply proud” to be nominated as the next Secretary of the Army.

The Army has “always had a special place in my heart,” McHugh said.

McHugh’s nomination must be approved by the Senate.

DOIM Signals

Fort Jackson has begun to upgrade existing Windows XP workstations to Microsoft Windows Vista operating system and Microsoft Office 2007.

This implementation is being done in phases and is projected to be completed by the end of December. There are computer-based training classes provided by Skillport that will prepare users for using the next generation Operating System Windows VISTA.

Recommended training: To ensure that users are prepared for these changes the following listed eLearning courses are recommended.

All recommended courses are available and accessible through the Army eLearning Web site <https://usarmy.skillport.com>. Upon authenticating in the Web site, the courses will be listed under the “Catalog” tab.

For all computer users and or operators of computer systems:

My Assignment >> Desktop Curricula >> Microsoft Windows Vista for End Users >> Microsoft Windows Vista: New Features for End Users, Expected duration — 3.7 hours

My Assignment >> Desktop Curricula >> Microsoft Windows Vista for End Users >> Microsoft Windows Vista for the End User, Expected duration - 5 hours

My Assignment >> Desktop Curricula >> Microsoft Office 2007 >> Microsoft Office 2007: New Features

Spirit of the bayonet



Photo by SUSANNE KAPPLER

Command Sgt. Maj. Charlie Lakin, left, 193rd Infantry Brigade, and Col. Brian Prosser, the brigade’s commander, present the “Spirit of the Bayonet” award to Teri LaSalle, athletic trainer coordinator. The brigade recognized 29 employees from 15 organizations and agencies for their efforts in support of the unit’s training mission in a ceremony at the Bayonet Classroom May 28.

Advance disaster planning includes pets

By SGT. AMANDA BROOME

Fort Jackson Veterinary Treatment Facility

With hurricane season already under way, people should be preparing their families for a possible disaster. One family member that is often overlooked in the preparation plan is the family pet.

Sometimes, when the time comes for Soldiers and families to leave home to seek temporary shelter, their pets are the last things on their minds.

Pets may not survive alone, and if by some chance they do, pet owners may not be able to find them.

When a household pet becomes dependent on owners to take care of them, the animal's survival skills suffer.

It is important to come up with a plan well in advance that ensures the survival of all family members, including pets. The best plan will incorporate a temporary shelter plan for all pets.

This temporary shelter plan is important because many temporary shelters for people do not allow pets for safety reasons.

Most states have implemented shelter plans for animals. South Carolina has a plan for animals that is reviewed annually and updated constantly. There are also options for horses and cattle.

There are some local boarding kennels that may allow owners to board animals for a short amount of time. Evacuees should also research local hotels that allow pets in case they are evacuated.

Another proactive step pet owners can take is to have a microchip implanted in pets for identification in case of loss or separation.

A microchip is a small computer chip that contains a nine to 15 digit number that identifies the pet. Every shelter and veterinarian in the area should have a microchip scanner that can identify a pet by this number.

The shelter staff will scan the lost animal and contact the microchip company to find the owner's contact information. It is the pet owner's responsibility to keep that information current, including contact information for the pet's veterinarian.

Every year thousands of pets are reunited with their owners through microchips.

It is mandatory on all military installations that animals living on post will have microchips. With proper preparation, Soldiers and families can limit confusion in an evacuation.

For more information about microchips or pet disaster planning, contact the Fort Jackson Veterinary Clinic at 751-7160.

PET DISASTER KIT:

- ☐ Medications and medical records (stored in a waterproof container) and a first aid kit.
- ☐ Sturdy leashes, harnesses, and/or carriers to transport pets safely and ensure that your animals can't escape.
- ☐ Current photos of your pets in case they get lost.
- ☐ Enough food and potable water for three days, bowls, cat litter/pan, and can opener.
- ☐ Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to foster or board your pets.
- ☐ Pet beds and toys, if easily transportable.
- ☐ A list for the shelter of your names, phone numbers and family members in the area.

WEB SITES:

<http://www.fema.gov/plan/prepare/animals.shtm#1>

<http://www.avma.org/disaster/default.asp>

http://www.avma.org/disaster/state_resources/sc.asp

<http://www.redcross-cmd.org/Chapter/petplan.html>

Disaster ready



Photo by NICHOLE RILEY, Moncrief Army Community Hospital

Emergency workers assess patients before transporting them to the hospital during National Disaster Medical System training exercise recently. The purpose of the exercise is to test the system's ability to respond to medical crises resulting from a powerful hurricane striking the South Carolina coastline. The NDMS is among several agencies, including Fort Jackson, that tested emergency disaster procedures before the official start of hurricane season, which began Monday and runs through Nov. 30.

Hurricane emergency kit key during storm season

It is important that Soldiers and families keep a kit ready at all times to be used in a disaster. Here are some suggested basic items to consider for a home emergency kit:

- ☐ Water — at least one gallon per person per day for at least three days
- ☐ Food — nonperishable food for at least three days. Consider items that do not require cooking and will maintain freshness for several months such as energy bars, freeze dried foods and dehydrated foods.
- ☐ Formula and diapers for any infants
- ☐ Food, water, other supplies and documents for any pets
- ☐ Manual can opener
- ☐ Flashlight, NOAA (National Oceanic and Atmospheric Administration) battery-powered weather radio, battery-powered cellphone charger and extra batteries or hand crank powered devices
- ☐ First aid kit with dust masks, rated to at least N95, disinfectant and prescription medications

☐ Sanitation supplies such as moist towelettes, disinfectant and garbage bags

☐ Important documents in water-tight packaging — personal, financial and insurance-store copies in a separate location (safety deposit box, relatives, or trusted friend)

☐ Your family emergency plan, local maps and your command reporting information

Here are some other items that may prove helpful:

- ☐ Fire extinguisher
 - ☐ Any tools needed to turn off utilities
 - ☐ Matches in a waterproof container
 - ☐ Metal or plastic bowl
 - ☐ Coats and rain gear
 - ☐ Sleeping bags or other bedding
 - ☐ A weather-appropriate change of clothes for each person
 - ☐ Books, games, puzzles, toys and other activities for children
- Source: Ready Army*

Automated entry to provide extra security, speed

Continued from Page 1

The system also provides a safeguard against the use of stolen identification to gain access to Fort Jackson.

“When you swipe an ID card, it’s going to show up on a screen,” Taylor explained. “The individual who is monitoring that screen will match the (driver’s) face to the screen. So you can’t just use someone else’s ID card.”

The system only works for drivers of vehicles registered on Fort Jackson, Taylor said. Visitors will continue to use the visitor lanes at Gates 2 and 4 to sign in.

Taylor said that in addition to providing extra security, the system will also be beneficial to drivers.

“It should be a little faster to come into the gate,” he said.

Taylor estimated that about 10 more cars per hour will be processed, based on research conducted at installations that already have the system in place, such as Fort Bragg, N.C., Fort Knox, Ky. and Fort Hood, Texas.

During the construction time, motorists can expect some changes to traffic flow. Gate 5 will close entirely while being remodeled. Gate 6, off Ewell Road, will be opened during that time as a temporary gate. Outbound traffic will be blocked while Gate 4 is under construction.

Taylor said the long-term gains of implementing the system outweigh the short-term inconveniences during construction.

“Be patient. Be understanding,” he said. “The intent ... is to provide additional security for persons who reside and work on and visit Fort Jackson.”

Susanne.Kappler1@us.army.mil

Editor’s note: The Leader will keep you informed about gate construction start dates and changes to traffic flow.

Housing Happenings

❑ Remember to get your DA surveys completed and dropped off to enter to win one of many great prizes, including a chance at winning a 42” flat screen LCD/HD TV! The earlier you return your survey the more chances you have to win! Drawings are conducted every Friday at 3 p.m. at the Balfour Beatty Community Management Office.

❑ Remember to consult your resident guide this summer. Please refer to the following policies: Trailers, boats, etc. — page 26; toys in yard — page 30; litter control — page 25; mistreatment of playgrounds — page 29.

❑ LifeWorks events are always free and open to all residents. To register or for more information, contact Courtney at 738-8275 or CoWilliams@bbcgrp.com. Join the LifeWorks e-mail list and stay informed. Send your contact information to Courtney today.

❑ Neighborhood huddles will take place in the Balfour Beatty Community Management Office conference room. There are two times available for residents to attend. The huddles are a chance for residents to share concerns and get updates on housing and upcoming events. The topic for June’s meeting will be “yards.” Questions, concerns and suggestions regarding yard maintenance will be addressed. The huddles are scheduled for June 16, 5:30 p.m. and June 18, 10 a.m.

❑ Residents should see a significant difference in the condition of the playgrounds. Graffiti was removed; the sand was cleaned and sprayed to protect against bugs and weeds; and some areas were painted. This is an ongoing playground beautification project. Also note the playground on Brown Avenue behind buildings 5798 and 5796 has been vandalized and damaged. Residents are being urged to use caution on this playground until repairs are made.

❑ We have signed a contract with a new landscaping company, Multifamily Landscape Services. The new workers will keep the same lawn schedule as before. Many beautification projects around the housing area are already under way.

❑ Submit your nominations for Yard of the Month. If you see a great looking yard, we want to hear about it. Send your nominations to CoWilliams@bbcgrp.com or call 738-8275. Grand Prize winner will receive a \$50 gift card and other great prizes. Yards of the Month will be chosen monthly through August. Winners are announced on the last Friday of each month.

Excellence awarded



Photos by JULIA SIMPKINS and CRYSTAL LEWIS BROWN

Sgt. 1st Class Jose Garcia, Company E, 369th Adjutant General Battalion, is the battalion’s Platoon Sergeant of the Cycle for the second quarter. Staff Sgt. Antoinette Rodriguez, Co. E, 369th AG Bn., was named Instructor of the Cycle.

CPAC CORNER

Prohibited personnel practices

Prohibited personnel practices are those things a federal employee with personnel authority may not do.

A federal employee has personnel authority if he or she can take, direct others to take, recommend, or approve any personnel action.

This includes appointments, promotions, discipline, details, transfers, reassignments, reinstatements, or any decisions concerning pay, benefits, training, and any decision to order psychiatric testing or examination.

A personnel action now also includes any significant change in duties, responsibilities, or working conditions which is inconsistent with the employee’s salary or grade.

People with personnel authority — managers and supervisors — are charged with avoiding prohibited personnel practices.



Fernandez: Learn from good leaders

Rank, name
Staff Sgt. Betsy Maria Fernandez

Unit
Task Force Marshall

Military Occupational Specialty / Job title
92F30, petroleum supply specialist / drill sergeant

Years in service
15 years

Family
Married with one daughter

Highest education
Master of Business Administration

Hobbies
Working out, going to the movies, spending time with her family



Photo by DELAWESE FULTON

Staff Sgt. Betsy Maria Fernandez, a reservist, has been a drill sergeant since 2004.

NCO spotlight

During her 15 years of military service, Staff Sgt. Betsy Maria Fernandez has served with the National Guard and Army Reserves, and has been deployed to Saudi Arabia.

She has been assigned to Durham, N.C. as a National Guard Soldier and reservist, Fort Bliss, Texas and Fort Jackson.

A drill sergeant since 2004, Fernandez said the support of her family and military leaders have made her achievements possible.

“I was fortunate that I had good NCOs who guided me and helped me develop as a Soldier,” Fernandez said. “My chain of command supported me a lot in my education and never denied me of enrolling in

school to attend night classes while on active duty.

“If I ever was in a field training exercise, (my leaders) would allow me to go back to the rear to school and return back to the FTX. The support was great. And when I became an NCO, I made sure that I took care of my Soldiers the same way and set the example for them.”

She also credits her husband, Carlos Perez, and her mother, Gladys Mota, for helping her and inspiring her to do better.

“My husband is a great example of what a Soldier should be. He always takes

care of his Soldiers and always puts their need before his own,” she said. “My mother, Gladys Mota, has helped me care for my daughter since she was born.”

Fernandez said her mother has helped her to be able to continue her military career.

“My next goal is to become an officer and incorporate the knowledge that I have learned as an NCO,” Fernandez said.

She advises junior enlisted Soldiers to “take care of their careers and always look for advancement and never limit themselves. Learn from good leaders and emulate their traits. Always take care of yourselves and your education.”

We salute you!

The NCO Creed

No one is more professional than I. I am a noncommissioned officer, a leader of Soldiers. As a noncommissioned officer, I realize that I am a member of a time-honored corps, which is known as “the backbone of the Army.” I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the corps, the military service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind—accomplishment of my mission and the welfare of my Soldiers. I will strive to remain technically and tactically proficient. I am aware of my role as a noncommissioned officer. I will fulfill my responsibilities inherent in that role. All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own.

I will communicate consistently with my Soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my Soldiers.

I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, noncommissioned officers, leaders!

LEADER DEADLINES

- ☐ Article submissions are due two weeks before the scheduled publication. For example, an article for the June 18 *Leader* should be submitted by today.
- ☐ Announcements are due one week before the scheduled publication. For example, an announcement for the June 18 *Leader* should be submitted by June 11.

Motherhood ‘tests’ pose extra burden

Last week, I felt like I was taking one of the hardest tests of my life. Unlike the tests I took in school, this was a test of my motherhood — one I feel like I have been taking since the day my son was born.

So far, it seems I am failing with flying colors. Every doctor’s appointment, my son’s pediatrician checks for the magic numbers. His 4-month appointment last week was no exception.

Weight, height and head circumference — I can now rattle the numbers off like my Social Security number. If those numbers are too low, as they were at his 2-month checkup, I have failed the test.

If they are on target, I am a good mother. I watched as he was weighed and measured, and snuck a peek as the nurse plotted his progress on her charts. I celebrated when the pediatrician marveled at his weight gain (three pounds!) and his height (75th percentile).

I cringed when she pulled him into a sitting position, only to have his head fall back. “He does it at home,” I said weakly, as she scribbled something in her chart.

Besides being tested against the unnamed children used

CRYSTAL CLEAR
By **CRYSTAL LEWIS BROWN**
Leader staff



to tabulate the pediatrician’s charts, my son is also being measured against other children his age.

I got a phone call the other day asking what he was “doing.” Was he pulling up, turning over, crawling? The more I said no, the more I could feel the silence on the other line.

A couple of my pregnant friends asked me what it was like to be a working mom. The hardest part, I said, is the lack of sleep. But in retrospect, I think the most difficult part is these “tests.”

Admittedly, I am the one who allows my son’s progress to become a measure of my motherhood. For example, when I finally had to admit my milk supply couldn’t keep up with my son’s needs, and began supplementing with formula, I took it as a personal failure.

I told my mother recently that it is best not to compare one baby with another, and that each baby progresses differently.

My son is healthy and happy, and the pediatrician agreed he is doing well. There is no use comparing him to other babies, I told her, and to do so only causes needless worry.

Maybe it is time I take my own advice.

The Fort Jackson Leader wants to hear from military spouses. The Leader is inviting submissions (questions, commentary, etc.) from or about spouses. Please send all submissions to FJLeader@conus.army.mil.



What’s the Difference?

There are 5 differences between Picture A and Picture B. Can you find them all?



Answers: 1. Car key missing 2. Bow is yellow 3. Eye is open 4. Boy has goatee 5. Tie is black

The ‘write’ stuff



Courtesy photo

Sue DeMichael’s first grade class represents Italy in the 17th annual International Day Parade at Pierce Terrace Elementary School May 22. In addition to the parade, students, teachers and guests got a taste of different cultures through dance, food and music.

LEADER DEADLINES

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- ☐ Announcements are due one week before the scheduled publication. For example, an announcement for the June 18 *Leader* should be submitted by June 11.
- ☐ Send all submissions to FJLeader@conus.army.mil.

Garrison conducts all hands meeting

By **CRYSTAL LEWIS BROWN**
Leader Staff

Garrison employees got the opportunity this week to ask the garrison commander questions during a garrison-wide all hands meeting.

Employees filled the stands of the Solomon Center to hear a series of briefings, with topics ranging from the garrison budget to suicide prevention.

Employees were able to attend the meeting either Tuesday or yesterday.

Col. Lillian Dixon, garrison commander, said the meeting was long overdue.

"I should have done this a long time ago," she said. "I want you all to know how much you are appreciated for what you do on a day-to-day basis. Hats off to you because you have done a great job."

The purpose of the meeting was to provide the garrison's DA civilians with updates and other information.

Employees also got a chance to meet the new garrison command sergeant major, whose Assumption of Responsibility ceremony was Tuesday.

Command Sgt. Maj. Christopher Culbertson told employees they were a necessity in the three facets that constitute a garrison; Soldiers, family members and civilians.

"I think when you combine all three together, that is what makes a great installation," he said.

One topic of discussion was the upcoming A-76 study — a process in which installation agencies are assessed to determine whether certain jobs should be filled by DoD civilians or contractors.

The study, said Jim Pettus, with the Plans, Analysis and Integration Office, is essentially a competition between government employees and contractors for who



Photo by SUSANNE KAPPLER

Chaplain (Col.) Henry Haynes, installation chaplain, briefs attendees about suicide prevention during the garrison all hands address Tuesday at the Solomon Center.

can best complete the job while adhering to a variety of factors, including cost effectiveness.

Pettus and Dixon stressed to employees that post leaders were putting together a very competitive bid and would fight to keep garrison jobs filled by government employees. During a question and answer period, Pettus told employees that if contractors were chosen to take over, employees would be given a six-month transition period and would also have the "right of first refusal" for those jobs if they fell under the employees' same job descriptions.

Also discussed was the garrison budget, which is fac-

ing a shortfall for the fourth quarter, said Jerry Weidner, director of Resource Management. The shortfall is IMCOM-wide, he said, and although some budget cuts would have to be made, he said employees' pay checks are not in danger.

"There are no payroll limitations," he said. "You are going to get paid."

Dixon also took time to speak with employees about suicide in response to the recent suicide death of a Fort Jackson employee.

"That was a significant blow to me and everyone on Fort Jackson," she said.

Although all employees were to have attended suicide training, the training videos focused on Soldiers. Even those who do not wear an Army uniform are at risk for suicide and suicidal thoughts, Dixon said.

"You have to look at the signs in your teammates you sit next to every day," she said. "Sometimes the signs are not so apparent."

Chaplain (Col.) Henry Haynes, installation chaplain, gave a briefing and showed a video aimed at suicide prevention.

"The suicide rate is high. It is high across the nation, and it is high in the Army," he said.

Suicide happens, he said, "when pain exceeds the resources for coping with that pain."

He urged employees to use resources to help themselves or others who may be at risk for suicide.

Other topics discussed at the meeting were the civilian fitness program, early retirement plans and the Fort Jackson campaign plan.

Check for updates on these topics in upcoming issues of the *Leader*.

Crystal.Y.Brown@us.army.mil

ROCK of the year



Photo by CAPT. JAMIL BROWN, 171st Infantry Brigade

Col. Lillian Dixon, garrison commander, receives the "ROCK of the Year Award" from retired Lt. Col. Elgin Allmond, president of the James Webster Smith chapter of The ROCKS Inc. Dixon was among several Soldiers honored during an awards luncheon recently.

Order of St. Maurice

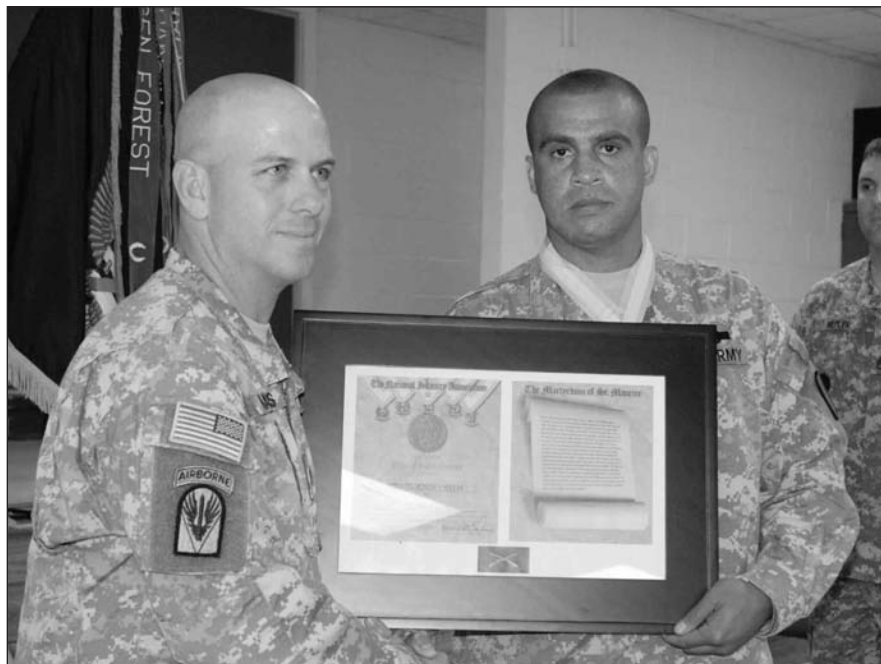


Photo by DELAWESE FULTON,

Lt. Col. Randall Harris, left, 3rd Battalion, 13th Infantry Regiment commander, presents the Order of Saint Maurice Award to 1st Sgt. Peter Lara Friday. The honor is awarded by the National Infantry Association and named after the leader of the Roman Theban Legion.

‘Southern logic’ can reduce flu risk

The outbreak of the 2009 influenza A (H1N1) virus (or Swine Flu as it is commonly known) has caused many Americans to reevaluate their fitness levels.

Reminiscent of images from the Boston Marathon, thousands of people stormed the streets running, jogging, and sprinting to the nearest Wal-Mart, Walgreens, and even Wall Street to purchase hand sanitizer, gloves and masks.

Isn't it typical of us to always wait until some tragic event before we get serious about our health? This does not have to be you.

We live in a world where it is indeed the survival of the fittest. The economic crisis in America even proves that only the strong will survive. In light of our most recent crisis, I feel that it is my mission to encourage and educate people on the importance of proper diet and exercise.

Research shows that the immune system of a person who exercises regularly is stronger than that of those who do not. This becomes even more vital as we get older.

COMMENTARY

Maj. Thomas Hundley
Moncrief Army Community Hospital



Research also shows that elderly individuals with strong fitness levels have higher immune function than those who are sedentary. A stronger immune system is a powerful weapon in a pandemic influenza situation.

In addition to moderate exercise, I want to offer some sound, southern logic that my grandmother taught me. Here are some basic tips to help minimize your risk of catching the flu.

❑ Cover your mouth when you cough or sneeze: I don't care if you use a handkerchief, your sleeve or your battle buddy's shirt, but you need to cover up. My grandmother would be the first to tell you that failure to do so is just downright rude.

❑ Wash your hands: I recommend that you wash your hands often and thoroughly, especially before you eat. In the absence of soap and water, use hand sanitizer. I can still hear my grandmother's voice screaming, "Boy, you better wash your hands before you eat."

❑ Stay home if you are sick: Your job is the last place you need to be if you're sick. My grandmother's sweet voice would say, "Lay down baby 'til you feel better." In other words, if you are coughing, aching, have a stuffy head, fever, and can't rest, then just stay home.

Don't wait until it's too late to get healthy. My grandmother's principles are simple but effective. Learn from them and live by them, and you too can compete in the survival of the fittest.

Meeting Tuskegee Airmen a humbling experience

This letter is in reference to the May 28 issue of *The Fort Jackson Leader*, specifically the Veterans in the Community section about the Tuskegee Airmen. I very much appreciated that you had two very informative articles about them, both by Teresa Sanderson.

Every service member has a story, and I am no different; especially when it comes to these legendary and great airmen known throughout the world.

I am a member of the headquarters post of the American Legion here in Columbia. I was one of the many American Legionnaires who awaited some of the original Tuskegee Airmen and members of the Tuskegee Airmen Society as they flew into Columbia International Airport some years

Letter to the editor

ago.

When I was able to briefly speak to them, I mentioned how my father (a retired Air Force noncommissioned officer) attended Tuskegee Institute — the same institution of these prolific airmen. A big smile was on their faces and they asked me if my dad was a Tuskegee Airman. He was not.

But yet and still, these phenomenal aviators extended me an invitation to become a member of the Tuskegee Airmen Society. I still am deeply honored by the invitation, because prior to meeting them and being picked to be one of their greeters, I had

been deployed to Kuwait as a volunteer in the Air Force Reserves.

This was in 2001, before Sept. 11.

In the commanders' building at Ahmed Al Jaber Air Base is a hall of fame that includes the 332nd Bombing Group. The area was the group's staging area, or close to it, during World War II. The headquarters building has pictures wall-to-wall of Gen. "Chappie" James, Gen. Ben Davis and so many more of the original Tuskegee Airmen.

When and if you get a chance to meet any of the Tuskegee Airmen, please shake hands with them and tell them this former Air Force sergeant said, "Hooah and thanks."

Sheldon Rice, Columbia

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❑ Announcements are due one week before the scheduled publication. For example, an announcement for the June 18 *Leader* should be submitted by June 11.

❑ The *Leader* welcomes letters to the editor. All letters should include the name and hometown of the writer. The *Leader* reserves the right to edit letters for grammar, style, spelling and brevity. Send your letter to FJLeader@conus.army.mil.

Submitting issues easy with ICE system

Fort Jackson has several methods for providing feedback and raising issues that affect the community. Customer Management Services is the three-tier feedback process consisting of Interactive Customer Evaluation, Community FIRST and Customer Service Assessment.

ICE allows for individual comment submissions that are quickly resolved by the manager of the appropriate service agency. Community FIRST is the quarterly process that addresses issues requiring resolution at the directorate level, usually because additional time, resources, or funding is needed.

Customer Service Assessment is an annual survey in which all community members are asked to participate to provide the garrison command with information needed to enhance the community.

In addition to CMS, a fourth method for raising issues is the Army Family Action Plan Conference. Workgroup delegates representing each constituent group meet once a year to discuss and prioritize issues to forward to mid-level AFAP conferences.

The most recent AFAP Conference concluded May 5, and 16 issues were prioritized. The two programs — CMS and AFAP — work together and complement each other.

CMS and AFAP involve specific constituent workgroups in all phases of their processes — Community FIRST focus groups, installation AFAP conference, mid-

CUSTOMER SERVICE CORNER

By **VERONICA PATRICK**
Community FIRST Coordinator



level AFAP conference and the HQDA AFAP Symposium. These constituent groups include, but are not limited to: Soldiers (active, National Guard, and Reserve), retirees, veterans (non-retired), family members and civilian employees.

During the quarters in which there is no AFAP conference, issue submission month is conducted for Community FIRST. Issues that are garrison specific are addressed and resolved at the local level. Those that are voted for submission beyond the installation are turned over to the AFAP program manager who ensures that each issue meets program criteria.

The AFAP program manager then forwards the issue for consideration by the installation commander and, once approved, submits it to the appropriate command AFAP con-

ference.

The installation AFAP program manager works with CMS to review and process issues that surface throughout the year as part of the Community FIRST/AFAP process.

Working together, the two collect issues, concerns and comments from the community and from quarterly constituent-pure focus groups.

Each issue is reviewed and determined whether it is an ICE comment, a Community FIRST issue, or an AFAP issue.

CMS manages all issues that are within the purview of garrison leadership to resolve, while the AFAP program manager manages the development and tracking of issues that require higher headquarters resolution. This method allows for the submission of issues year round instead of once a year, enabling the installation to work approximately 10 times as many issues.

“Let your voice be heard!”

ICE APPRECIATION

The garrison congratulates the Directorate of Logistics; specifically Transportation Personal Property and Ammunition Supply Point. Throughout a 12-week period, they achieved a 4.80 and a 4.79 rating, respectively, out of a possible 5.0 in employee/staff attitude. This is an outstanding performance in customer service!

Saluting this cycle’s Basic Combat Training honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt.
Thomas Washington
Company A
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Robert White

SOLDIER OF THE CYCLE
Pvt. Jerica Repass

HIGH BRM
Pfc. Kyle Routt

HIGH APFT SCORE
Pfc. Carrie Daubert



Staff Sgt.
Roman Ramos
Company B
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Amanda Vest

SOLDIER OF THE CYCLE
Pvt. Conlee Luke

HIGH BRM
Pfc. Nicholas Emery

HIGH APFT SCORE
Pfc. Amanda Vest



Staff Sgt.
Kendrick Schunke
Company C
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Stephen Von Fange

SOLDIER OF THE CYCLE
Pfc. Bret Rafalski

HIGH BRM
Pvt. Dustin Clements

HIGH APFT SCORE
Spc. Timothy Stafford



Staff Sgt.
Jeffrey Dudzienski
Company D
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Craig Worley

SOLDIER OF THE CYCLE
Pvt. Sarah King

HIGH BRM
Pvt. Scott Mitchell

HIGH APFT SCORE
Pfc. Prissylla Penaherrera



Staff Sgt.
Carter Conrad Jr.
Company E
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Jennifer Smith

SOLDIER OF THE CYCLE
Pvt. Charles Anderson

HIGH BRM
Pvt. Jenell Razor

HIGH APFT SCORE
Spc. Sondra Settingington



Staff Sgt.
Maria Herrera
Company F
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Timothy Polmateer

SOLDIER OF THE CYCLE
Pvt. Christina Tarnowski

HIGH BRM
Pvt. Joshua Lane

HIGH APFT SCORE
Spc. Amie Billstrom

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT AWARD
Anthony Pichoff

TRAINING SUPPORT AWARD
Tyrone Williams

SERVICE SUPPORT AWARD
Levorn Miller

DFAC AWARD
Mary Glover

FAMILY SUPPORT AWARD
Amy Dudzienski

June Promotions

<u>Name</u>	<u>Rank</u>	<u>Unit</u>	<u>Name</u>	<u>Rank</u>	<u>Unit</u>
CLARK JR., Nolan P.	COL	MEDDAC	LILEY, Joshua S.	1LT	Co. A, TSB
GOSS, Thomas J.	COL	Student Detachment	LUKER, William R.	1LT	Co. A, TSB
HORSLEY, Richard D.	COL	Student Detachment	MANALANG, Byron A.	1LT	Co. A, TSB
MEISINGER, James R.	COL	Student Detachment	MAZZOCO, Cleotilde	1LT	Co. A, TSB
CHEROT, Bevin K.	LTC	Student Detachment	QUILES, Peter D.	1LT	Co. A, TSB
MALLARD, Timothy S.	LTC	USACHCS	SCHULTZ, Dallas C.	1LT	Co. A, TSB
MUHAMMAD, Abdul R.	LTC	USACHCS	ZORGER, Brian W.	1LT	Co. A, TSB
HEDRICK, Townley R.	LTC	Student Detachment	BROWN, Scott L.	MSG	Co. C, 187th Ord. Bn.
SMITH JR., Felton E.	LTC	Student Detachment	DUDLEY, Marcus B.	MSG	Co. A, 369th AG Bn.
FARNELL IV, Edwin A.	MAJ	MEDDAC	JAMISON, Otis D.	MSG	171st Inf. Brig.
FISHER, Michael S.	MAJ	MEDDAC	BOWYER, John R.	SFC	Co. C, 1st Bn., 13th Inf. Reg.
IGLESIAS, Melissa	MAJ	MEDDAC	DEMEZA, Timothy A.	SFC	Co. B, 4th Bn., 10th Inf. Reg.
BAEZ, Alberto A.	CPT	Student Detachment	FOSTER, Morris D.	SFC	Co. E, 120th AG Bn.
DAFOE, Kate V.	CPT	Student Detachment	FREDERICK, Jason L.	SFC	Co. B, 4th Bn., 10th Inf. Reg.
HORAN, Zachary M.	CPT	Co. D, 1st Bn., 13th Inf. Reg.	HEPLER, John R.	SFC	Co. E, 3rd Bn., 13th Inf. Reg.
JACKSON, Broderick D.	CPT	Co. F, 187th Ord. Bn.	HODGE, Gilbert D.	SFC	Co. F, 2nd Bn., 60th Inf. Reg.
JENKINS, Christine G.	CPT	Co. A, TSB	LEE, Jewel R.	SFC	Co. C, 1st Bn., 13th Inf. Reg.
KIM, Donna Y.	CPT	Co. F, 2nd Bn., 39th Inf. Reg.	LEE, Travis A.	SFC	Co. C, 3rd Bn., 60th Inf. Reg.
KIM, Yong H.	CPT	Co. C, 1st Bn., 61st Inf. Reg.	PANUELA, Hainrick S.	SFC	Co. A, 369th AG Bn.
LOUISJEAN, Marie P.	CPT	Co. A, TSB	SABO, Kevin N.	SFC	2nd Bn., 60th Inf. Reg.
MCNAMARA, Lindsey E.	CPT	Co. A, TSB	SAMPSON, Brandon D.	SFC	MEDDAC
POTENZA, Danielle I.	CPT	Co. A, TSB	SCOTT, Christopher P.	SFC	Co. A, 187th Ord. Bn.
RAMIREZ, Brian L.	CPT	Co. D, 187th Ord. Bn.	TYLER, Correy O.	SFC	DSS
THOMS, Harry F.	CPT	Student Detachment	ALEXANDER, Kristopher S.	SSG	Co. D, 2nd Bn., 39th Inf. Reg.
TRAVIS, Lindsey N.	CPT	Co. A, TSB	BILLINGSLEY, Christina	SSG	Co. D, 2nd Bn., 39th Inf. Reg.
BURCH, Monica L.	1LT	Co. A, TSB	DAVIS, Thomas A.	SSG	17th MP Det.
JARAMILLO, Danny	1LT	Co. A, TSB	LEE, Deniece M.	SSG	17th MP Det.
KETCHUM, Dallas	1LT	Co. A, TSB	LEE, Gregory	SSG	2nd Bn., 13th Inf. Reg.
LEE, Karl R.	1LT	Co. A, TSB	STREICHERT, Loretta A.	SSG	Co. C., 2nd Bn., 13th Inf. Reg.

25 years of service



Photo by STEVEN HOOVER, U.S. Army Chaplain Center and School Chaplain (Col.) Christopher Wisdom, U.S. Army Chaplain Center and School deputy commandant, presents Janice Smith with a certificate for 25 years of civil service May 28 at the USACHCS monthly award ceremony. Smith, a program analyst in the Training Execution Division, has spent the past 14 years at USACHCS.

Volunteers recognized



Photo by NICHOLE RILEY, Moncrief Army Community Hospital Col. Lillian Dixon, garrison commander, presents Cindy McLafferty with a pin for 20 years of volunteering for the American Red Cross at the organization's volunteer recognition luncheon May 28. This year's theme was "Volunteers Make a World of Difference." The guest speaker was Charlotte Berry, former national chair of volunteers.

Calendar

Saturday

Gospel concert

1-4 p.m., Darby Field
Acts include: Troy Sneed, On 1 Accord Ministries and the Daniel Circle Chapel music ministry. Take lawn chairs and blankets. (If inclement weather, the Solomon Center.) Call 447-1291 for information.

Sunday

Sunday Worship Concert series

9:30-11 a.m., Solomon Center
Josh Wilson performing.

Tuesday

Stress management class

11 a.m.-noon
ASAP classroom, 3250 Sumter Ave.
Call 751-5007 for information or to RSVP.

Wednesday

Violence in the Workplace training

9-10 a.m. or 1-2 p.m.
ASAP classroom, 3250 Sumter Ave.
Call 751-5007 for information or to RSVP.

BOSS sexual assault forum

6:30 p.m., Single Soldier Complex
Everyone is invited.
For information, call 751-1148 or e-mail Boss3@us.army.mil.

Wednesday, June 17

Industry Day business expo

Noon-4 p.m., Solomon Center
Call 733-1153 for information.

Thursday, June 18

Installation Action Council meeting

2-4 p.m., Post Conference Room
All community members can attend. For more information, call 751-4926.

Friday, June 19

MACH NCO Induction Ceremony

3:30 p.m., NCO Club
Speaker: Command Sgt. Maj. Brian Stall
Commanders and command sergeants major RSVP at Eric.Mason@amedd.army.mil.

Announcements

PAIO OFFICE RELOCATION

Plans, Analysis and Integration Office (PAIO) and Customer Management Services has moved. The new address is 4356 Hardee St.

WOUNDED WARRIORS' RETREAT

South Carolina National Guard, Soldier Family Assistance Center and the American Red Cross are hosting a Wounded Warriors' Retreat Aug. 14-16 at Bethelwoods Camp in York.

This free event for wounded Warriors

and their families will be filled on a first come basis. Register by July 10. Contact 806-1641 or www.guardfamily.org for information.

COMBAT VETERANS STUDY

Dorn VA researchers are conducting a study of new treatments for OIF/OEF veterans who have problems with stress, anxiety, disturbed sleep, nightmares, etc. The five-week study involves no drugs, and eligible participants will receive \$600 for completing the study. For more information, call 777-7296/9929 or e-mail Stanistr@mailbox.sc.edu.

MARION AVENUE CLOSED

Marion Avenue will be closed to vehicles between Engineer Road and Semmes Road beginning Tuesday to repair a sink-hole near Cleburne Street. The construction is expected to take 30 days to complete.

Large vehicles and trucks will be diverted from Marion Avenue to Washington Road to Lee Road to Strom Thurmond Boulevard. Regular traffic will be diverted from Marion Avenue to Engineer Road to Warehouse Road to Semmes Road.

BCT MUSEUM CLOSED

The U.S. Army Basic Combat Training Museum (formerly the Fort Jackson Museum) is closed for renovation. Renovations include new restrooms, increase in gallery space and a new collection facility. Check the *Leader* for monthly updates. Call 751-6579/7419 information.

SCHOLARSHIP APPLICATIONS

The Palmetto Fellows Scholarship is accepting applications until June 15. Palmetto Fellows may receive up to \$6,700 their freshman year. Visit www.che.sc.gov for eligibility requirements.

CIF CLOSURE

The Central Issue Facility, including classification, will be closed June 15-19 for inventory and will reopen June 22. Personnel who planned to clear that week need to do so before inventory.

SALEM ROAD CLOSURE

Salem Road is closed to automobile and pedestrian traffic from Winston Road to Cobb's Pond Road until Aug. 16 while the bridge is being replaced.

LATINA STYLE MAGAZINE AWARD

Submissions for the 2009 LATINA Style Magazine distinguished service award are being accepted until June 15. Military service members and DoD civilian employees. For information, contact the installation EO Staff office at 751-2990 or e-mail Janeen.Simmons@conus.army.mil.

NOMAR AWARD

The National Organization for Mexican American Rights is accepting submissions for its Meritorious Service

Award until June 15. Military service members and DoD civilian employees. Contact 751-2990 or e-mail Janeen.Simmons@conus.army.mil for information.

AAFES CONTEST

Fort Jackson AAFES will be giving away one "Step 2" children's playhouse as part of a worldwide AAFES contest. Authorized AAFES shoppers can register at the PX through June 25 for a chance to win the playhouse.

CoC/CoR ceremonies

Wednesday, June 17

Change of Command, 1st Battalion, 61st Infantry Battalion

10 a.m., Officers' Club
Lt. Col. Scott Heintzelman relinquishes command to Lt. Col. Charles Krumwiede.

Tuesday, June 23

Change of Command, 3rd Battalion, 13th Infantry Regiment

9 a.m., Officers' Club
Lt. Col. Randall Harris relinquishes command to Lt. Col. Benjamin Higginbotham.

Housing events

Monday, June 15

National Candy Day

Stop by the office to celebrate.

Friday, June 19

Father's Day Outing

Enjoy a full day of fun celebrating dads.

Every Tuesday

Walking club

9 a.m., Strollers are welcome.

Every Thursday

Kids Day

10 a.m., Themed activities for children younger than school age.

All events are held in the Balfour Beatty Communities management office unless otherwise specified. For more information, call Courtney Williams at 738-8275.

Off-post events

Saturday

Blowfish military appreciation day

6 p.m., Capital City Stadium
Free to all military ID card holders.

Tuesday

Trials of the soul: The Life and Opinions of Thomas Paine

7 p.m., Richland County Main Library
Bostick Auditorium
Dramatic portrayal by Howard Burnham.

Saturday, June 13

Palmetto Painters

Meeting and White Elephant sale

Pets of the Week



Photos by OITHIP PICKERT

Two 8-week-old kittens, various colors, are looking for a home. For information on pet adoption or other services, call the Veterinary Clinic at 751-7160.

10 a.m., Green Hill Baptist Church, 1734 Augusta Rd.
Call 781-2340 or visit www.PalmettoPainters.com for information.

LET'S SPEAK SPANISH

Let's Speak Spanish Richland County Public Library's new program to facilitate conversational Spanish. The 8-week program is scheduled from 6:30-8:30 p.m., Tuesdays, through-July 28 at the library's Southeast Regional Branch.

Classes are free, but registration is required. Call 776-0855 to register.

EDVENTURE FAMILY NIGHT

Edventure Children's Museum offers family nights the second Tuesday of each month from 5-8 p.m. Discounted admission.

Visit www.Edventure.org for information.

SUMMER READING PROGRAM

The Richland County Public Library summer reading club begins June 1. The club, which runs until Aug. 13, has programs for age 12 and younger, teens and 18 and older.

For information, visit www.myRCPL.com or call 924-3434.

HOMEOWNERS WORKSHOPS

The Homeownership Resource Center is offering a free foreclosure workshop for homeowners. First and third Saturdays, 9-11 a.m. and every last Tuesday of the month, 5-7 p.m. at the Midlands Community Development Corporations-Dream Center, 2340 Atlas Road. Call 1-888-320-0350 for information.

Zac Brown Band rocks troops, families tonight

The Zac Brown Band will hit the stage tonight at 7 p.m. at Hilton Field in a free concert open only to DoD identification card holders and their guests.

This concert is being offered to Soldiers and their families as part of Family and Morale, Welfare and Recreation's commitment to the Army Family Covenant.

The Zac Brown Band launched its career as independent artists and today, performs about 200 shows a year. The band has sold more than 30,000 CDs independently.

In 2008, the Georgia-based band released "The Foundation" after signing with Atlantic Records.

Lead singer and band founder Zac Brown is quoted on the band's Web site, saying, "It's kind of crazy how we can go to a place where no one's heard of us before and by the time we leave people are singing the songs. We've got a great following."

Jam band lovers, country music loyalists and music lovers of all kinds are fans of the Zac Brown Band. The band's first single from The Foundation, "Chicken Fried" got the No. 1 spot on the Billboard Hot Country Chart, and has been the second most downloaded song on iTunes,

Army Family Covenant

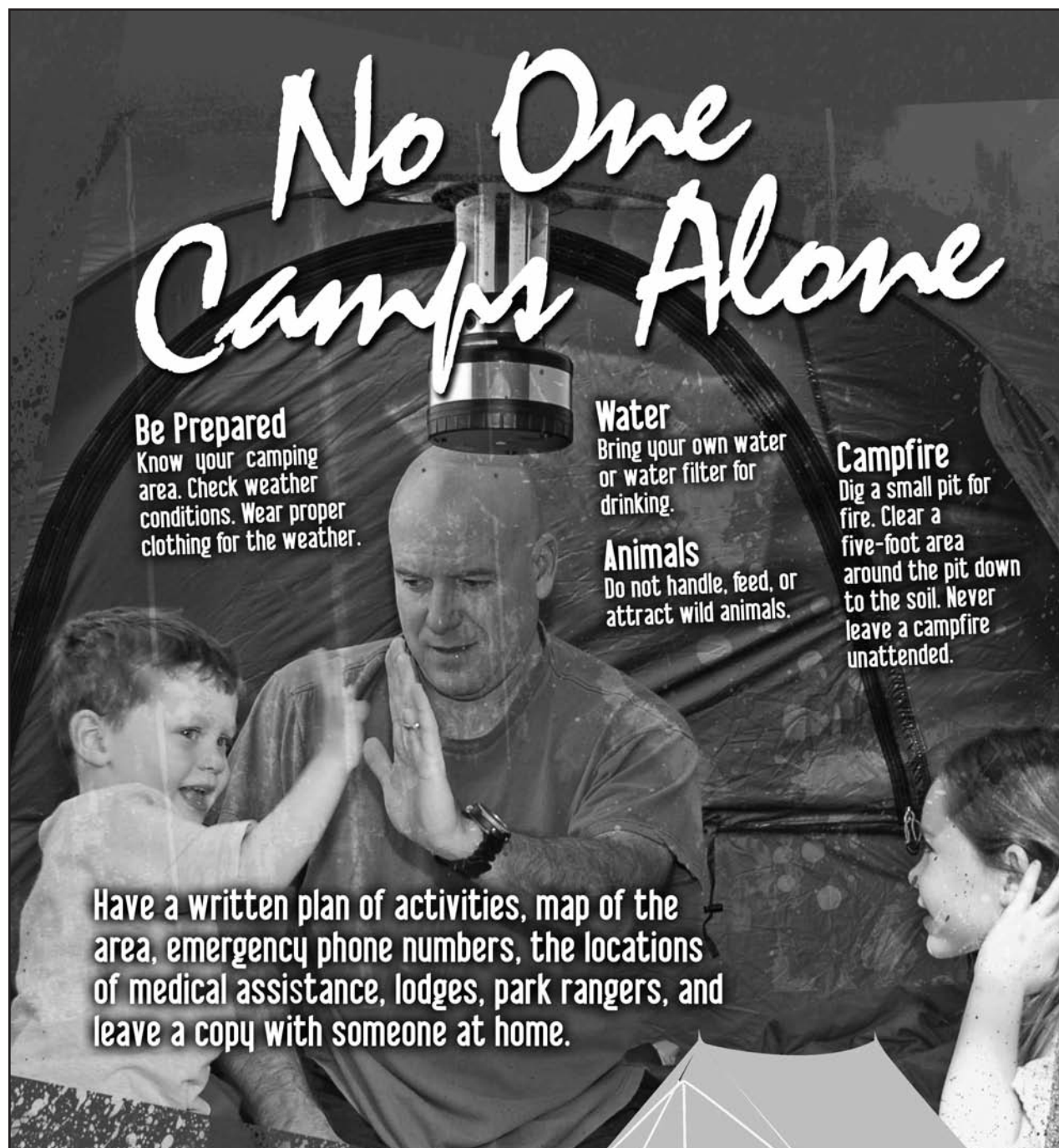
THERESA O'HAGAN

Family and Morale, Welfare and Recreation

The Zac Brown Band has been tapped to open for artists such as Sugarland, ZZ Top, Travis Tritt, Etta James, Lynyrd Skynyrd, The Allman Brothers Band, Willie Nelson and BB King.

Brown began as a solo artist and formed his current band four years ago. Band members include bassist John Hopkins and fiddler Jimmy De Martini. Guitarist and organist Coy Bowles and drummer Chris Fryar are two new additions to the band. Rounding out the band's sound is multi-instrumentalist and songwriter Clay Cook, who joined the band in January. Cook is best known for co-writing with Grammy-winner John Mayer.

Cook brings guitar, vocals, organ, mandolin and pedal steel flavors to the musical stew that makes up the band's unique sound.



FMWR calendar

TODAY

- ☐ Visit Century Lanes for food, fun and bowling.
- ☐ Magraders Pub and Club is open for lunch.
- ☐ Visit the Officers' Club 11 a.m.-1:30 p.m. for specials or the buffet.
- ☐ Zac Brown Band concert, 7 p.m. Hilton Field. Free for military ID card holders and their guests.

TOMORROW

- ☐ Artistic Expressions with Jake, 6:30 p.m., Teen Room at the Youth Services Center.
- ☐ Dance to a variety of music provided by DJ Randall at Magraders Club, 9 p.m. to 3 a.m. Magraders Club is located in the back of Magraders Pub. Cover charge is \$5 for civilians and \$3 for military.
- ☐ Fish fry at the Officers' Club, 11 a.m. to 1:30 p.m.
- ☐ First Friday Golf Tournament, 1 p.m., Wildcat Course, Fort Jackson Golf Club.
- ☐ Family Golf Night, 5-7 p.m., Fort Jackson Golf Club.

SATURDAY

- ☐ Step Team practice, 2 p.m., dance room at the Youth Services Center.
- ☐ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excabur Room at the NCO Club. Cover charge is \$5 for civilians and \$3 for military. Live broadcast from the BIG DM 103.1 with giveaways, 9:30-11 p.m.

SUNDAY

- ☐ Family day at the Youth Services Center, 2-6 p.m.
- ☐ Traditional brunch, 11 a.m. to 2 p.m., Officers' Club.

MONDAY

- ☐ The NCO Club offers a full lunch buffet Monday-Friday, 11 a.m. to 1:15 p.m. for \$7.
- ☐ Junior Golf Camp (through June 12), Monday-Friday, 8 a.m. to 2 p.m., Fort Jackson Golf Club.

TUESDAY

- ☐ Get Golf Ready, Session 4, Lesson 1, 5:30-7 p.m., Fort Jackson Golf Club.
- ☐ Exceptional Family Member Program trip to Ed-Venture Children's Museum, 5 p.m., \$1 per person.

WEDNESDAY

- ☐ Karaoke night with Tom Marable at Magraders Club. Cover charge is \$5 for civilians and \$3 for military.
- ☐ Volunteer Recognition Reception and Army Family Covenant Re-signing, 10 a.m., Solomon Center.
- ☐ Guest Day at the Fort Jackson Golf Club, free lesson, 5-7 p.m., Fort Jackson Golf Club range.

ONGOING OFFERS

- ☐ The Officers' Club is ready to host your next special event. The club's professional staff will ensure every detail is addressed so your event will be to your specifications.
- ☐ The NCO Club breakfast is served 6-9 a.m., Monday through Friday. The cost is \$7 for adults and \$3.75 for children 4-10 years old.
- ☐ Enjoy resort accommodations for between two and six people with the Armed Forces Vacation Club for less than one would pay for most hotels. For details of resort availability, call the reservation center at (800) 724-9988. Be sure to say you are a first-time Armed Forces vacation caller. A vacation counselor will take your enrollment and help you find an available resort. Fort Jackson is installation number 164.1.

MACH offers international travel clinic

By **KENNETH COBB**
Moncrief Army Community Hospital

If you are thinking about booking a summer trip to a foreign country, make sure you do your homework first. There is plenty of planning that needs to go into such a trip, and there other things — besides your airlines tickets, hotel reservations and other bookings — that should be worked out in advance. One of the items at the top of your preparation list should be your health/medical needs and requirements. All of these concerns should be addressed well in advance of your departure. Moncrief Army Community Hospital offers an International Travel Clinic to help you plan for your trip. The travel clinic is conducted by the Department of Preventive Medicine in Bldg.4556 every Friday starting at 0830 hours. The clinic is by appointment only and clients are encouraged to attend at least eight weeks prior to their departure. To make an appointment, call 751-5251.

TIPS FOR TRAVELING OVERSEAS

- ❑ See your doctor about eight weeks before your departure.
 - ❑ Obtain all the recommended vaccines for destination
 - ❑ Make a list of your prescription medicines with dosage and direction.
 - ❑ Fill prescriptions for your medications prior to departing.
 - ❑ If you wear prescription eye glasses, contact lenses or hearing aids, pack extras in your carry-on luggage.
 - ❑ Take a travel health kit. (Review it with your doctor.)
- The essentials in a travel health kit will enable you to care for minor health problems and manage ongoing health conditions. Its content should be based on your destination, length of stay, health history and special medical needs. It could include:
- ❑ Your personal prescription medications.

- ❑ Acetaminophen, ibuprofen, aspirin or other medication for headaches, mild fever, sprains and pain.
- ❑ Antihistamine for the relief of allergies and inflammation.
- ❑ Antidiarrheal medication.
- ❑ Medication for motion sickness.
- ❑ Mild laxative.
- ❑ Decongestant.
- ❑ Cough suppressant and throat lozenges.
- ❑ Antiseptic wipes and antibiotic ointment for cuts, burns or scrapes.
- ❑ Adhesive bandage, ace bandages and cotton-tipped applicators.
- ❑ Calamine lotion.
- ❑ Hydrocortisone cream.
- ❑ Insect repellent.
- ❑ Sunscreen with a SPF of 15 or higher.
- ❑ Aloe gel for sunburn.
- ❑ Lubricating eye drops.

Training program helps pregnant, postpartum Soldiers regain fitness

By **LISA YOUNG**
U.S. Army Center for Health Promotion and Preventive Medicine

“Moms on the Move,” “Soldiers Training Ability Readiness Spirit,” “Healthy Beginnings,” “Mother Wellness Soldier Fitness,” “Pregnant Soldier Wellness” — all are local names for the Army’s fitness program for pregnant and postpartum Soldiers. The Army Pregnancy Postpartum Physical Training Program is a specialized Army physical training and education program developed with Soldier-moms in mind. The PPPT program is designed in accordance with American College of Obstetricians and Gynecologists guidelines, and safely addresses the specific fitness needs of Soldiers during pregnancy and postpartum. Enrollment and participation in the PPPT Program is mandatory for eligible Soldiers required to go to unit PT, once clearance has been given by their health care providers. A daily exercise session focuses on the components of fitness using a variety of activities that can be adjusted to the individual Soldier. Consistent participation in PPPT helps pregnant Soldiers make the transition from a combined 15-month pregnancy/postpartum profile to successful reintegration into unit physical training, achieving physical

fitness and weight standards and remaining in the Army. Without a standardized installation PPPT program, pregnant Soldiers have no exercises guidance and are left to train on their own, which perpetuates unit and individual readiness issues. Currently, programs exist both in CONUS and overseas. There are also PPPT Program materials for Reserve Component Soldiers and Soldiers assigned in geographically remote locations. In July 2008, the Army’s deputy chief of staff for operations (G-3) issued an Army-wide message assigning responsibilities for the PPPT program-a significant step in Army-wide program implementation. Local program execution is a partnership between senior mission commanders as the functional proponents, the medical treatment facility for medical oversight and education, and the garrison for adequate facilities and equipment. U.S. Army Medical Command is responsible for policy and doctrine, and the U.S. Army Center for Health Promotion and Preventive Medicine provides the Train-the-Trainer Leader course and a training technical guide. Good news stories abound from PPPT Program participants. After the birth of her third child, Sgt. Delores Gordon, said it took her three attempts to pass her APFT, with 30 days between each test. Gordon, who had her first two children

while enrolled in PPPT at Fort Hood, Texas, said that the transition back to unit PT was much easier because it kept her in shape. “I learned how to modify the pushup and ways to work your abs (while pregnant),” Gordon said. The program is not just about PT and keeping in shape; it is also about helping expectant mothers prepare for the new child. Weekly educational classes led by subject-matter experts cover a wide range of topics including nutrition, basic child care, day care choices, infant dental care and postpartum birth control. The PPPT program serves an additional function: “It’s not just PT, it’s a support group,” according to Sgt. Miki Williams of Fort Hood, who is expecting her second child. The release of the Army-wide message is expected to bring about an influx of participants to local PPPT classes. To assist local PPPT Programs with adequately trained PPPT leadership, the Train-the-Trainer Leader Course schedule is posted on the CHPPM Web site for registration.

For more information, visit <http://chppm-www.apgea.army.mil/DHPW/READINESS/PPPT.ASPX>.

MACH updates

CATARACT SCREENING

The Moncrief Army Community Hospital Ophthalmology Clinic will conduct quick cataract evaluations June 19 and July 24 for all beneficiary categories, including active-duty family members, retirees and retiree family members. To schedule an appointment, call 751-5406. Patients do not need a referral to schedule an appointment.

APPOINTMENT CANCELLATIONS

Please do not miss a scheduled appointment. Every no-show appointment results in a loss of resources and prevents other patients from gaining access to medical care. If you are unable to keep your appointment, call 751-CARE (2273) during normal duty hours (7:30 a.m. to 4 p.m.) and choose option 1. This will send you to a central appointments clerk who will assist you with cancelling your appointment and rescheduling, if needed. A phone number has been established for patients wishing to cancel their appointments after duty hours. To cancel your appointment after duty hours, call 751-2904.

TRICARE ONLINE

Would you like to be able to make an appointment 24 hours a day, seven days a week? Now you can by visiting www.tricare.mil. TRICARE Online is an interactive Web site that offers MACH-enrolled TRICARE Prime beneficiaries who register at the site the ability to book appointments with their primary care managers and receive information on clinics and services. TRICARE Online also offers a medication interaction checker, general health and wellness resources and games and health information just for kids.

FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Lt. Col. Ronald F. Taylor

Director,
Emergency Services/Provost Marshal
Sgt. Maj. Allen Taylor Jr.
Provost Sergeant Major
Billy Forrester
Fire Chief

CASES OF THE WEEK

❑ A civilian was banned from Fort Jackson for one year after being arrested at Gate 2 for drunken driving. The woman was lost and approached the gate to ask for directions, Military Police said. The woman failed three field sobriety tests and refused to take a breathalyzer test, MPs said.

❑ A car accident in the housing area resulted in no injuries and damages to two cars. A family member disregarded a yield sign and struck another family member's car, MPs said.

❑ A hit-and-run accident damaged and a broken the front bumper to a parked car, according to a Soldier. The Soldier's car was struck while it was parked legally, MPs said.

TIP OF THE WEEK

Fort Jackson supplement to Army Regulation 190-11 states in part: A "firearm" means any device that is designed to or may be readily converted to expel a projectile by



the action of an explosive.

In addition, air/pellet guns, BB guns and bows are subject to the provisions this regulation with the exception of registration.

Anyone younger than 18 years old is prohibited from carrying a firearm outside the presence of a responsible adult.

The regulation also prohibits the carrying of any privately owned firearm in a public place on this installation unless participating in an authorized sporting activity or hunting in accordance with applicable regulations.

Children can have BB guns, but parents must ensure that they comply with all the provisions of this supplement. Children must be under constant adult supervision when using the BB gun in a safe approved location.

Failing to comply with the requirements of this supplement could result in administrative sanctions against the sponsor, to include expulsion from government quarters as well as the confiscation of the weapon by police.

crimestoppers
1-888-559-TIPS
www.midlandscrimestoppers.com

FORCE PROTECTION THOUGHT OF THE WEEK



UNSECURED DUMPSTERS
Helping identity thieves and corporate spies since 1935.

Mr. Dwight Peters, FJ OPSEC Officer, 751-1675

Courts martial in May

The following is a list of all courts martial that were convened in May at Fort Jackson:

❑ On May 19, Staff Sgt. Hugo F. Villafuerte was convicted at a General Court Martial for two violations of Article 92 for having illegal associations with several Soldiers in training on multiple occasions; one violation of Article 120 for abusive sexual contact; and violation of Article 125, sodomy. He was sentenced to be reduced to the grade of E-1; confinement for 30 days; and to be discharged from the service with a bad-conduct discharge. He will be serving his confinement at Camp Lejeune, N.C.

❑ On May 20, Staff Sgt. Nelson J.A. Martinezmaldonado was convicted at a Special Court Martial for violation of Article 78 for accessory after the fact; six violations of Article 92 for having illegal associations with several Soldiers in training on multiple occasions; violation of Article 107; false official statement; violation of Article 125; sodomy; and violation of Article 134, adultery. He was sentenced to be reprimanded; to perform 60 days hard labor without confinement; to be reduced to the grade of E-1; and to be discharged from the service with a bad-conduct discharge.

❑ On May 22, Sgt. 1st Class Joseph Sanchez was convicted at a Summary Court Martial for violating Article 121, larceny of government funds on multiple occasions and four violations of Article 132, fraud against the United States on multiple occasions. He stole more than \$21,000 and fraudulently filed TDY vouchers for amounts to which he was not entitled. Sgt. 1st Class Sanchez was sentenced to forfeiture of \$1,507.

Accident report



Photo by SUSANNE KAPPLER

Two people were injured in a three-vehicle accident May 27 on Semmes Road. A bus ran a stop sign and hit a pickup truck traveling southeast on Semmes Road, Military Police said. The truck slid into a car that was stopped at the intersection of Chesnut Road and Semmes Road. One of the injured was hospitalized with a broken rib and lacerations, the other was treated and released for lacerations to the head and arm.

CONTACTING THE LEADER

❑ To submit an article, announcement or letter to the editor, e-mail
FJLeader@conus.army.mil.

God offers alternative to ‘zero sum game’

By **CHAPLAIN (CAPT.) JERRY JOHNSON**
2nd Battalion, 39th Infantry Regiment

I have heard some describe economics as a “zero sum game,” in which those who become rich are successful only because they take away from others. According to this cynical viewpoint, the world has winners and losers. The question is, “Who has the power to decide?”

Others are like the late football star turned congressman Jack Kemp, who spoke often of a “rising tide” of success that occurs when people act out of genuine concern for their fellow man. He developed “Enterprise Zones” in America’s inner cities to stimulate investment in job cre-

ation and family stability. In his way of thinking, our society will be better when more of us arrive at a point that we truly desire to serve others instead of pursuing selfish gain. Kemp’s godly example shows how words can be backed by deeds.

This is not an easy principle in a culture that sends messages like, “If it feels good, do it,” or “To each his or her own.” All of us face a challenge in the realm of maintaining an eternal perspective that fosters servanthood and selflessness.

David Roper of RBC Ministries has well instructed, “It’s a rule of life: God blesses those who give of their lives and resources. Give out the truth you know, and he’ll give

you more to give away. Give your time, and you’ll have more time to give. Set no limit on your love, and you’ll have more love for others than before.”

Sometimes we do not see the fruit of our selfless labors instantly, so we may become discouraged. But instant gratification may not be in harmony with God’s plan for our lives.

So do not lose heart. Keep serving and trusting God. Just remember what Paul tells us, “He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully” (2 Corinthians 9:6).

Is your life an eternal investment, or a temporary “zero sum game?”



Protestant

- Sunday
8 a.m. and 11 a.m. Daniel Circle Chapel (Gospel)
7:45 a.m. Bayonet Chapel (Hispanic)
9 a.m. and 10:30 a.m. Magruder Chapel
9:30 a.m. Main Post Chapel
10:45 a.m. Post-wide Sunday School (Main Post Chapel)
11 a.m. Memorial Chapel
11 a.m. Chapel Next, USACHCS, Fox/Poling Lab.
- Wednesday
6 p.m., Prayer Service Daniel Circle Chapel
7 p.m. Gospel Mid-week Service Daniel Circle Chapel

PROTESTANT BIBLE STUDY
■ Monday

- 7 p.m. Women’s Bible Study (PWOC — Main Post Chapel, Class 209)
■ Wednesday
7 p.m. Anderson Street Chapel
7 p.m. Daniel Circle Chapel
7 p.m. Gospel Congregation’s Youth (Daniel Circle Chapel)
■ Thursday
9:30 a.m.-noon Women’s Bible Study (PWOC, Main Post Chapel)
6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)
7 p.m. LDS Bible Study (Anderson Chapel)
■ Saturday
8 a.m. Men’s Prayer Breakfast (Main Post Chapel, (every second Saturday of the month in Chapel Fellowship Hall)

- PROTESTANT YOUTH OF THE CHAPEL**
■ Saturday
11 a.m. Daniel Circle Chapel (third Saturday)
■ Sunday
5 p.m. Main Post Chapel

- Catholic**
■ Monday-Friday
11:30 a.m. Mass (Main Post Chapel)
■ Sunday
8 a.m. Mass (MG Robert B. Solomon Center)
11 a.m. Mass (Main Post Chapel)
9:30 a.m. Mass (120th AG Battalion Chapel)

- 9:30 a.m. CCD (Education Center)
9:30 a.m. Adult Sunday School
12:30 a.m. Catholic Youth Ministry
■ Wednesday
7 p.m. Rosary
7:30 p.m. RCIA/Adult Inquiry

- Lutheran/Episcopalian**
■ Sunday
8 a.m. Memorial Chapel

- Islamic**
■ Sunday
8-10 a.m. Islamic Studies (Main Post Chapel)
■ Friday
12:30-1:45 p.m. Jumah Services (Main Post Chapel)

- Jewish**
■ Sunday
9:30-10:30 a.m. Memorial Chapel
10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

- Church of Christ**
■ Sunday
11:30 a.m. Anderson Street Chapel

- Latter Day Saints**
■ Sunday
9:30 a.m. Anderson Street Chapel

- Addresses, phone numbers**
Daniel Circle Chapel
3359 Daniel Circle, Corner of Jackson Boulevard, 751-4478
Main Post Chapel
4580 Strom Thurmond Blvd., corner of Scales Avenue, 751-6469
Bayonet Chapel
9476 Kemper St., 751-4542
Family Life Chaplain
4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780
Anderson Street Chapel
2335 Anderson St., Corner of Jackson Boulevard, 751-7032
Education Center
4581 Scales Ave.
Magruder Chapel
4360 Magruder Ave., 751-3883
120th Rec. Bn. Chapel
1895 Washington St., 751-5086
Memorial Chapel
4470 Jackson Blvd., 751-7324
Chaplain School
10100 Lee Road, 751-8050

Foreclosure affects tenant Soldiers

By CAPT. JENIFFER COX
Legal Assistance Attorney

Soldiers and their families are not immune to the effects of the downturn in the economy. Soldiers often are required to move to locations they may not have chosen and enter into rental contracts or leases for the apartments and homes they move into. The Soldier pays rent to the landlord in exchange for the roof over his or her head.

If a landlord fails to pay his or her mortgage, eventually the mortgage company will file a foreclosure action against the landlord. In a foreclosure action, the mortgage company takes control and ownership of the property from the landlord because of the failure to pay, and the tenants on the property may be required to vacate the property.

A Soldier who is a tenant in this predicament may not know about the foreclosure proceedings prior to receiving notice to vacate the property. This can be both financially and emotionally stressful.

DoD recognized the stress that this type of situation puts on Soldiers and families. Recently, DoD authorized local moves for members of the armed forces and their dependents who are forced to vacate a rental property because of a foreclosure action against the owner or landlord.

The authorization does not apply if the Soldier or dependents are the owners of the property. A local move is a move within commuting distance of the Soldier's permanent duty station or to another dwelling within the dependent's designated location. Storage in transit, dislocation allowance, and non-temporary storage are not authorized.

Depending on the location of the property, Soldiers and dependents may have additional protections under state law. DoD encourages Soldiers and dependents to seek military legal assistance prior to vacating the premises to determine if other remedies exist.

If no other remedies exist, or if the Soldier or dependent have exhausted all other remedies, the Soldier must contact the local transportation office by memorandum, and must provide the following information:

- Soldier's name and name of dependents being forced to vacate.
- Last four digits of the Soldier's Social Security Number.
- Address of the foreclosed property.
- Copy of the rental agreement for the foreclosed property.
- Date to vacate the rental property
- A court-ordered foreclosure notice or

business letter from the bank to the owner/landlord/current resident stating the foreclosure of the property.

Soldiers should route the memorandum through the chain of command to the local transportation office. Upon receipt, the transportation office will review the memorandum to determine if the situation qualifies for a local move. If so, the transportation office will assist the Soldier in scheduling the move.

This article is intended for information purposes only and is not intended as legal advice. The legal office has appointments available for Soldiers to discuss this and other consumer protection issues. Service members wishing to make an appointment should call 751-4287.

FRG fundraising must follow ethical, legal guidelines

By RENALDO TURNER
Deputy Inspector General

Pfc. Jones just arrived to his first duty station with his family and during his in-briefing, the commander spoke about a program called FRG (Family Readiness Group). The commander mentioned that there was a fundraising event coming up and encouraged all the new Soldiers in the unit to participate. Pfc. Jones asked his squad leader for more information about the FRG program.

Sgt. Smith explained to Pfc. Jones that FRG is an education and support program that promotes self-reliance and family well-being. The FRG provides an essential and irreplaceable role in our community, here at Fort Jackson and throughout the Army.

With these facts in mind, commanders should have FRG-related policies written. Policies should spell out prohibited

practices and explain how to ethically and legally continue to pursue fundraising in support of worthy unit programs and projects. Commanders should personally supervise the proper execution of the program for the execution of the Army standard.

FRG funds will not be maintained below the battalion level. Each FRG fund will have a single custodian responsible to the battalion commander. Cash and other assets belonging to such funds cannot have a net worth of more than \$1,000.

The use of these funds is limited to expenses that support the purpose and mission of the FRG. Commanders may allow the fund to exceed the \$1,000 limit for short periods of time for specific purpose.

Any funds the battalion FRGs generate that causes its assets to exceed \$1,000 (except those occasional amounts the unit commander certifies for a specific purpose) will be

deposited in the FMWR fund for that battalion, and will be subject to FMWR fund policies. This means those funds become subject to FMWR spending restrictions.

FRG fundraising is a major activity that benefits Soldiers, family members, and unit leaders. Fundraising activities support lowering costs for all Soldiers for events from formal activities to family picnics.

It is important to recognize that in this environment, the command must bear the responsibility for taking an objective ethical look at unit practices to ensure the program benefits Soldiers in training, cadre and family members.

Additional guidance for FRG and other fundraising may be found in DA PAM 608-47, A Guide to Establishing Family Support Groups; AR 210-122, Private Organizations on Department of the Army Installations; AR 215-1, Family, Morale, Recreation and Welfare Activities and Non-appropriated Fund Instrumentalities.

R U fit? Find out from FMWR's experts

By PAM GREENE
Fitness trainer, FMWR

Have you been thinking about getting into better physical condition? If you have, then you can stop thinking about it and do it. There is a health program available for civilians working at Fort Jackson.

How does the program work?
The Civilian Fitness Program, R-U Fit?, is a DA-approved program in which civilians employed by the Army are encouraged to engage in a regular program of exercise and other positive health habits.

Commanders and supervisors may approve three one-hour exercise sessions each week during normal work hours for a total of 78 hours over a consecutive six-month period.

One benefit of the Civilian Fitness Program is the addition of fitness testing. It is a great opportunity to document your fit-

ness health from one of our experts. Discover your target heart rate; find out what your body mass index means, and more. Then get physical with the physical side of fitness testing.

In this part, cardiovascular endurance and recovery are measured. Following the cardiovascular endurance test, strength and flexibility will be measured.

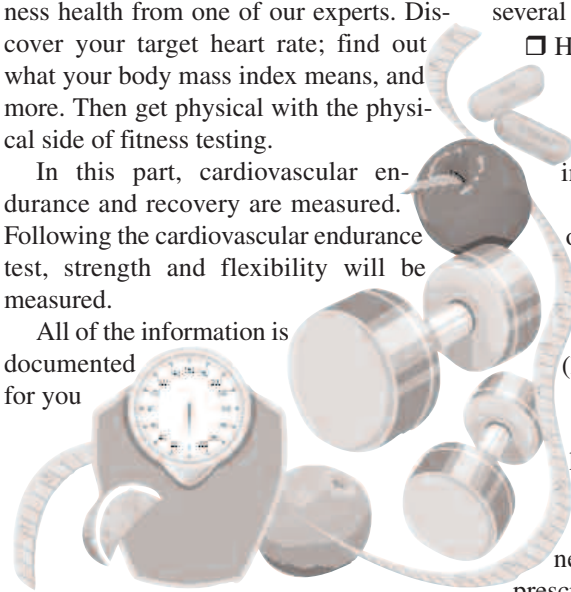
All of the information is documented for you

to take with you as a blue print of where you actually are in your fitness journey.

Why become a participant? There are

several good reasons:

- ☐ Health benefits
 - ☐ Free fitness testing
 - ☐ Nutrition education on how to incorporate healthy eating behavior into your busy life.
 - ☐ Positive attitude and better overall outlook about life situations; improved mental awareness
 - ☐ Decrease risk factors associated with debilitating diseases (heart disease, stroke).
 - ☐ Increase work performance.
 - ☐ Develop positive lifestyle behavior by participating in a regular exercise program.
 - ☐ Receive weekly health and fitness tips to supplement your fitness prescription.
 - ☐ Set goals and realize them over a six month period.



IF YOU GO:

Program orientation is scheduled noon-12:45 p.m., June 8, at the Moncrief Army Community Hospital staff conference room (third floor). Get information about the program and pick up an application while you are there. For more information about R-U Fit, call 751-5035.

Fitness testing will be offered all day June 16 at Perez Gym beginning at 9 a.m. Take full advantage of this opportunity to get your fitness level documented. For more information call Pam Greene, fitness programmer, at 751-5768.

Sports shorts

☐ There will be a Fort Jackson Sports Day June 13 in celebration of the Army birthday. Unit competitions will be 9 a.m.-noon (played for Commander's Cup points) and family fun competitions are noon-5 p.m. Games include kick ball, volleyball, horse shoes, bean bag toss and Frisbee golf. A free movie, Race to Witch Mountain, will show at 8 p.m.

☐ The Army 10-miler qualifier is scheduled July 18 at 5:30 a.m. The race will begin at Patton Stadium Gate on Kershaw and participants will turn right onto Dixie Drive, go out 5 miles and come back. Call 751-3096 for information.

☐ Fort Jackson Youth Sports is looking for children 6-18 years old to start a Double Dutch league. Adults willing to coach are also needed. There is no cost.

☐ The Rock Climbing Club will have its first meeting, June 22, 6 p.m., at the Youth Services Center. The season is June through August. Registration is \$40 for the first child and \$36 for each additional child. The club is for 7 to 18 year olds. Call 751-5040 for information.

Softball standings*

Monday/Wednesday League

Christian Players	6-1
Warriors	6-2
Roughnecks	5-1
RRS	4-4
TFM	4-4
1-61	2-6
Swampfoxes	1-4
Mercy Rule	1-5



Tuesday/Thursday League

2-60	5-1
4-10	5-2
3-60	4-1
120th	4-3
Navy	3-3
187th	2-3
MEDDAC	1-5
MPs	0-7

* Standings as of June 2, 9 p.m.

LEADER DEADLINES

☐ Article submissions are due two weeks before the scheduled publication. For example, an article for the June 18 *Leader* should

be submitted by today.

☐ Announcements are due one week before the scheduled publication. For example, an announcement for the June 18

Leader should be submitted by June 11.

☐ Send your submission or announcement to FJLeader@conus.army.mil.